

# [Importance of sports essay](https://assignbuster.com/importance-of-sports-essay/)

Here’s hoping that now you know what is the importance of sports. Besidesbeing important for kids, taking up asports careerin adult life, has its ownbenefits. A sportsperson often travels to other countries to play matches andin the process, learns a great deal about the cultures of these countries. Eventhe spectators or TV viewers are thoroughly entertained while watchingprofessional sports, making it an excellent recreational activity.

We live in jet age. Life has become so easier than ever before. Withadvancing technologies our lives have become comfortable. But in today’sworld under the spell of technology we are ignoring our health. Even kidsrather than going out and playing with friends prefer watching television, playing computer games, or surf the net. Playing Sports keeps us physically fit and mentally alert. It keeps us healthywhich is the most important thing of all!! As it is indeed equal to all thewealth in the world, for you may have money but if you have not got health toenjoy it what is its use ?

We have variety of sports to choose from like Basketball, Tennis , Football, Cricket, Swimming etc. Besides sports not only helps us to be physically fitbut it also teaches us the values of discipline, loyalty , teamwork, hard-workand honesty which helps us to play the bigger game of life! A true sportsmancelebrates victory and accepts defeat with a smile. To him winning is notimportant but giving his 100% is! But in today’s competitive world studies are given more importance. A childdoesn’t get enough time to play because of constant pressure of studies andhis parents to perform better and better. Hence children , parents andteachers must understand the importance of sports and give the child enoughtime to play as we all know very well that “ All work and no play makes Jack adull boy! “

Importance and Benefits of Sports

Have you ever thought why people do sports? Absolutely, many people seemnot to know the reasons. As a anectode, there are many people who dosports for nothing around us. Everyday we can encounter with these people. They regularly do sports; however, none of them realizes the benefits andimportance of sports. In fact, vice versa, some people want to be fit andattractive, look smart. Unfortunately, these people can’t consider otherbenefits of sports. In my opinion, there are several benefits of sports thatpeople often do not consider: sports are required to be healthy people, areneeded for enjoyment, and are great market for countries’ economies. The first advantage of sports for people is that they help people be healthy, and be fit. Throughout history, people can’t give up their interest at theirbody. I belive that now many people love themselves no matter how beautiful or ugly they are.

Naturally, people’s first aim should be healthy andfit with the benefits of sports. Due to this fact that Sports keep our bodyhealthy. As a possible example, imagine that there is a car which has notworked for years. If you try to run the motor engine, it will not work anymoresince it has been rusted and its engine may be broken down. As a result, people is smillar to engines and motors. If we don’t do sports, we will beforced to rust, in other words, decomposition of our body; afterwards, wemay have some problems with our body when we even need to small walk. Inaddition, sports balance our body’s blood pressure and circulation. Accordingto many researchs which have been done by scientists, we can prove theimportance of sports for our health because 70% middle aged people who didnot do sports in their youth are now struggling with the problems such ashigh tension, trouble with blood circulation, easily become tired due to thelack of sports. The second advantage of sports for people is that they are required for ourdaily lives and competing at the internatinal area because of enjoyment of sports. For many years, sports have been done by people. For example, haveyou ever thought why people want to play football or other games? Theanswer may be easy since sports are entertaining. They are sometimesmagics as they catch our attention and give us pleasure as much as we need. Sometimes overwhelming life conditions may be unfair and make usunhappy. However, if there is a sport activity when we are unhappy, we willprobably be motivated and be refreshed again after the sport activity. Thisshould be the most important benefit of sports because many people dosports for this reason. In addition, have you ever thought why millions of people watch World Cup match without breathing? There might be somereasons behind the action of watching football match. The most importantone might be the excitement and enjoyment of sport. Football match isexhilating because it gives us pleasure to watch. In the pitch and near thepitch, there are more than 18 men, and they are the representative of oursport culture. Within the excitment of sports, countries are able to compete inthe international area. Due to this fact people like sports since they and theircountries are able to compete and beat opponent countries and this is themost important reason to take pleasure from sports. The final and least advantage of sports is that they are the huge market forcountrie’s economy.

First of all, if we look at only football industry. There aremore than thousand professional team and at least these team have 25players. If this is calculated, there are approximately 25000 players withoutworking staff, scouts, coaches and managers. This shoud be the largestindustry which employs many people in Turkey. In addition, countries andclubs have to establish new facilities for sports game. Some of them are thelargest buldings in the entire country that represent countries, for exampleAtaturk Olympic Stadium in Turkey. Supplying funds for this buldings may bethe publicity of countries since constructing well designed stadiums helpcountry preapare or organize big competitons such as World Cup, Olympics, and Tennis Tournaments. Finally, sports allow advertisement companies tomake publicity of strong brands. For example, sponsorship is one of the bestpublicity of one company. Everyone watchs thier favourite team or atlethe, and audiance will probably see the sponsor of team or atlethe.

For example, in England, Manchester United which is one of the most powerful clubs ininternational area has a sponsor called Vodafone. I am from Turkey, and Ieven know its sponsor. This will probably show the effectiveness of sponsorship in sports. All in all, we can conclude that there are several advantages and benefits of sports. First, sports are required by people to be fit, smart, and good looking. Second, sports are entertaining due to many facts. Third, sports are the hugemarket for countries’ economies. In my opinion, despite sports’ advantages, many people can’t believe that sports are useful and beneficial. I hope that inthe future these people will tend to be more optimistically to sports sincethey are the neccessity of our lives.

Importance Of Sports

The Importance of Sports are an important part of just about every society, every country, every part of our planet. In one way or another, everyone is involved insports or some sort, whether they’re playing or watching or just knowsomeone who does either. The importance of sports in the life of a young student is invaluable and goesmuch further than the basic answer that “ it keeps kids off the streets.” Itdoes in fact keep kids off the streets, but it also instills lessons that areessential in the life of a student athlete. Sports play a pivotal role in themakeup of a young athlete, especially in the middle school to high schoolyears where student-athletes are much more mature and mentallydeveloped. Where else can a young, impressionable youth learn values likediscipline, responsibility, self-confidence, sacrifice, and accountability?

Sports come in many varieties. There are individual sports such as golf orteam sports such as football and hockey. Court sports include badminton andsquash. Other categories are gymnastics, martial arts, racing for example theF1 races, obstacle sports such as skating and indoor sports such as chess andcard games. Football, hockey and basketball are team sports. Teams of eleven or sixplayers square off against each other, with team members helping each otherto win as a team. Sports are played for fun or for money (or sometimes both). Just about everysport has both professionals (those who compete for money) and amateurs(those who compete not for money but for fame or for the sake of competition itself). Many amateurs who are really good at their sport becomeprofessionals. Health is wealth.” Those who have understood the importance of health willtry to keep themselves fit. Apart from a balanced diet, sports are necessaryto maintain our health. If we do not exercise regularly, our body does notdevelop the muscles as well as bones become weak.